

**FREDERICK SENIOR ADVISORY BOARD MINUTES**  
**Monday, March 11, 2018, 1:00 PM**  
**Brunswick Regional Library**  
**915 North Maple Avenue, Brunswick, MD**  
**301-600-1605**

<b>COA MEMBERS</b>	<b>DOA STAFF</b>	<b>EXCUSED</b>	<b>UNEXCUSED</b>	<b>GUESTS</b>
Tom Lawler	Sue Ramsburg	Marcy Gouge		Kelli Ackiewicz
Dianne Lewis	Kathy Schey	M.C. Keegan-Ayer		Angela Martin
Sally Livingston		Donna Kuzemchak		Brian Snyder
Ann McDermott		Carolyn True		
Dakota Shelton				
Thea Uhlig-Ruff				
Sandra Wastler				
Mary Wark				
Marva Younger				

- I. Call to Order/Welcome & Introductions** – Sandi Wastler called the meeting to order at 1:00 pm. Sandi welcomed all attendees. The last two meetings have been cancelled due to inclement weather. She gave a brief description of the Advisory Board and its goals.

**Action on the Agenda** – Sandi would like to add under New Business a review of the member handbook that the Commission on

Aging had started working on. Thea asked that confirmation of the April meeting location be added to the agenda.

- II. **Approval of Minutes** – The minutes of the December 10<sup>th</sup> meeting were approved at today's meeting.
- III. **Elected Officials' Comments** – No elected officials are present at today's meeting.
- IV. **Institute for Learning in Retirement (ILR) – Kelli Ackiewicz, Program Manager** – Kelli has been working at Frederick Community College (FCC) for 5-6 years and replaced Sue Adams as the Program Manager for the ILR program. The program offers personal enrichment style program targeted for participants aged 55+, but anyone can take a class. Most classes require no homework and no exams. The classes are decisively for the enjoyment of the participants. Awareness of the program increased when new marketing staff came on board. Most of the marketing is digital utilizing social media. However, much news of the program is by word of mouth from current participants. There is a large range of subjects to include history, current issues, technical, arts, and literature. There are also classes which focus on senior issues such as aging in place. The teachers are specialists in their field and are adjunct instructors. Many have retired from a former career. The class size can range from 5 students to 30 students. There is a trip to Greece coming up in October which currently has open spaces.

Information may be difficult to find on the FCC website. Interested participants can contact the program to receive printed information. There are several printed brochures/flyers available to promote the programming. Most of the classes are held at FCC during the day. Some evening classes are offered although these are not as popular. Class duration is 1 hour to 2.5 hours and the cost is \$8-\$10 per course hour. Some of the classes may have a supply fee. The ILR program is self-sustaining and receives no state funding. There is a tuition waiver for participants over the age of 60. The program has evolved over the past few years. Some of the benefits to participants include social outings, learning opportunities, and expanding/exploring other cultures. Program leaders are interested in partnerships in the community and receive no specific grant funding at this point.

V. **Committee Reports**

**Business Task Force – Tom Lawler** – Tom stated that this group was scheduled but has been unable to present due to the two cancelled Advisory Board meetings. They are scheduled to be at the

Frederick County Society for Human Resource Management at their conference in May and would like to do a practice presentation prior to that. They plan to do this at their April 5<sup>th</sup> BTF meeting. Tom will send out notice to everyone about this presentation. The presenters would like to have some practice and get some feedback.

**Affordable Housing Council – Marva Younger** – Marva reported that this Council is preparing for the June Bloom which is a housing resource fair. It will be held on June 1<sup>st</sup> at the ARC of Frederick County building. More information/brochures will be available soon. The Council has a Messaging Committee that is putting together four or five videos which they hope to have in place for the event. The Planning Commission is meeting tomorrow and will speak on Affordable Housing. The Livable Frederick Plan is still in draft form and the Council has some items it would like to have added. This Council advocates for affordable housing for all populations not just seniors. Dianne Lewis stated that the Advocates for Aging group will have a meeting with Housing this Friday at 1pm to address this topic specifically for senior citizens.

Legislation – Ann McDermott – Ann reported the Maryland General Assembly is in the midst of their 2019 session. Here are a few of the issues –

HB 399 -- End of Life Options Act – The House of Delegates recently approved this bill, which allows Maryland physicians to prescribe self-administered medications to a terminally ill individual to bring about death. There are a number of conditions in the legislation, such as listing out procedural safeguards that the physician has to follow, determining what constitutes a qualified individual, etc. The legislation tracks legislation that has been enacted in other states.

HB 251 – Grants for Aging in Place Programs – The House has approved a Department of Aging sponsored bill that will make grants available to non-profits to establish aging in place programs for seniors. The non-profit must demonstrate an equal match for the funds requested. The assistance can include costs associated with in home personal care, in home modifications to improve safety and mobility, affordable transportation, etc. The Senate has approved its version of the bill, and the Governor has also indicated support for the measure.

HB 838 – The House has approved this bill, which establishes a restaurant meals program for persons receiving food supplement assistance (food stamps). The purpose of the

program is to expand access to those people who do not have a place to store or cook food, or may not be able to prepare food, etc. The bill defines “qualified households,” including persons 60 years or older or disabled, along with the conditions that need to be met by participating restaurants.

**Adult Public Disabled Review Board – Marcy Gouge** – Marcy was not able to attend today’s meeting. No report.

**VI. New Business –**

Kathy reviewed a few things that have been taking place within the new Division.

The Frederick Senior Center has been refreshed with some new carpet and paint in different areas of the building. The next step is to renovate/update all the bathrooms in this building. This will update them to ADA requirements.

One participant is utilizing the newly approved fitness scholarship. The goal is to publicize this opportunity so more individuals can take advantage of this subsidy. There have been some community donations which make this subsidy available.

The work continues as a result of the Seniors First Report. Leadership roles are being filled with just the Life Enrichment Director position yet to be filled. A second round of Interviews will be held soon.

The Business Task Force caregiver video has opened the door for new opportunities. The Society for Human Resources Managers (SHRM) has invited the Senior Services Division (SSD) to present at their county conference. This is the first time this invitation has been offered.

The PEARLS initiative is beginning to move ahead at the SSD. This is an evidence based program to help older adults who are experiencing isolation. Three part-time staff should be in place soon. There is specific criteria for clients in this program and the program will start with Senior Care clients.

The Local Health Improvement Plan (LHIP) process has begun for 2019. This is a 3 year cycle and will focus on behavioral health, adverse childhood experiences (ACE), and chronic diseases. Senior issues was not a chosen topic for this cycle. Sandi and Thea are both on this committee/group.

The Advocates for Aging is working on many areas. This group has a support fund to provide items to assist individuals who are aging in

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place. The use of these funds is decided on case by case. Services provided are based on need. Community donations support this fund. AAA members are very responsive and no requests for funds have been denied at this point. This group meets the first Friday of each month at the Health Department at 830am. Dianne will send information about this meeting via email.

There was some discussion at this meeting on the need to have a meeting in July this year. Typically due to vacations and lack of members available, a monthly meeting is not held in July. However two meetings have already been missed this year due to inclement weather. The July meeting for this year would be very close to the 4<sup>th</sup> of July holiday weekend. Perhaps a different date could be selected for a July meeting. No decision was made at this meeting.

Next month's meeting will be held in New Market. There will be a panel presentation/discussion on the topic of pain management. Sandi reviewed the names of the panelists. There will be a press release to confirm the topic and location of the meeting which Sandi will send to everyone.

**VII. Public Comment –**

Angela Martin stated that she is very appreciative of this monthly meeting.

**VIII. Adjournment - Meeting was adjourned at 2:40 pm.**

Susan M. Ramsburg  
Recording Secretary